

Westways Staff News



WESTWAYS STAFFING SERVICES, INC.



“FOOD” Can Help Your Skin

Article Author: S. Keiser

Happy Thanksgiving



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Anti aging is a very popular topic right now. Aging people (especially women) have always wanted to look younger than they actually are and the skin care market plays an important role in helping achieve this. Skin care is not the only factor which should be considered when creating a good anti aging regimen. What you put into your body will come out of it is the old adage, You are what you eat, is actually very true. By putting the correct foods in your body, your skin displays health which is naturally considered to look younger. You can still grow old gracefully, just at a slower rate of speed. Keep in mind that attitude also has an affect on how old you appear to others. Proper nutrition, combined with regular intake of the following foods will help you look and feel better, which generally predisposes a more positive outlook on life. Stress also affects your appearance and, like attitude, can be helped through your diet.

If you have already begun aging, this anti ageing food and nutrition plan may make you look better to an extent, but it will not reverse the aging that has already occurred. It will, however, give you a glow that is seen as younger skin and it will slow further aging processes. In conjunction with your healthy eating habits, the following anti ageing foods will help your disposition and the health of your skin. Both of these contribute highly to helping you appear younger. Keep the following foods (which actually slow the aging process) in mind when planning your daily food plan:

Organic Apples: these fruits are full of anti oxidants and pectin. Anti oxidants help rid the body (including skin) of toxins and free radicals; pectin lowers cholesterol levels which helps circulation among other things. Removal of the toxins, elimination of free radicals, and lowering the cholesterol levels all have a significant impact on the total body and give the skin a wonderful glow, making you look and feel younger.

Naturally occurring Vitamin C: this nutrient can be found in a variety of foods including berries and citrus fruits among others. Not only is collagen built by way of this vitamin but it helps keep thread veins from forming in later years.

Brazil Nuts: Selenium is a major offering through these delicious, protein rich snacks. Selenium is not only a terrific anti-oxidant but it is a necessary ingredient for glowing skin, which appears to others as having aged less.

Garlic: garlic is a natural detoxifying agent for the body organs; the largest of these is your skin. Garlic also helps lower blood pressure and the resultant blotchy, red skin associated with high blood pressure. It is also believed that Italians high garlic consumption shows that garlic is associated with adding years to your life.

Red Wine: this exhilarating beverage, when taken in moderation, may help keep both cancer and heart disease at bay. The beautiful red liquid definitely improves circulation to your skin which helps in both toxin removal and a healthy glow. Remember that this is only when wine is taken in moderation; too much alcohol increases the size of blood vessels in the face, which makes you look older instead of younger.

Water: of all the things you can do for both your body and your skin, drinking water is of the utmost importance. Because your body is made up of 60% water, it is extremely important to give it a constant supply of this fluid to replenish and replace the old. Anti aging is very much affected by intake of proper amounts of water.



Harold's Corner

*Harold Sterling is the President/Chief Executive Officer for Westways Staffing Services.

With the weather changing from hot to cold, this time of the year reminds me of the many tasks coming my way in the next couple of months. There will be feasts, parties, and shopping galore. We will be traveling from place to place trying to cram in every last second to find that perfect gift. Not to mention spending time with family and friends.

This is a tough year for everyone. Some of the gifts we normally buy will probably be put on the back burner for this holiday season. With that said, what a wonderful opportunity to help others with gifts of kindness instead of material items. For some, money is tight; donate your time at a shelter or food bank. There are dozens of opportunities to volunteer for a cause that is close to your heart. If you are fortunate enough to be able to make a donation, do so. Do you have spare change collecting on the nightstand or extra food in the pantry? Anything helps. Giving back is one of the most gratifying opportunities one can give. Not just for yourself, but also for those in need.

Help others with gifts of kindness.

This year, Westways Staffing Services, Inc. will be participating in our 1st Annual Food Drive. Each branch has selected a local charity. Here is your opportunity to help those less fortunate than you.

Have a safe and Happy Thanksgiving.

Harold



From D.O.nna

*Donna Couturié is the Director of Clinical Operations for Westways Staffing Services.

The Forgotten Holiday

Lately, it seems that we go from July 4th, to Halloween, to Christmas, ignoring what I think is the most family oriented holiday of all...Thanksgiving.

Every season, it's pumpkins and Jack-O-Lanterns sitting on the same shelf as Christmas tree ornaments. Even the turkeys pictured in TV commercials are surrounded by people enjoying Christmas dinner.

So what happened to Thanksgiving? Somehow this holiday got demoted, and I ask why? Is it because presently we find there isn't much to be thankful for? Here, too, I would have to disagree.

Be grateful for good health and loved ones.

Can you sit at the Thanksgiving table and enjoy a feast prepared by family? Then be grateful for good health and loved ones. Do you enjoy what you do for a living and is someone paying you to do your job? Then be thankful because unemployment is at the highest rate it's been in years. Nurses who want to work are never without a job...be grateful for that.

Finally, as we sit down at our own Thanksgiving table, remember those who have no table to sit at or family to laugh with. Say a silent prayer, not only in thanksgiving for the blessings we have received, but pray for those who have nothing and no one.

*Happy Thanksgiving!
Donna*

Westways Food Drive*



1st Annual Thanksgiving Food Drive

Westways Staffing Services, Inc. understands the importance of giving back to our community and those less fortunate than ourselves. Each branch office will be collecting food donations **November 2nd thru November 20th** and will be donating to a local charity of their choice. Feel free to call your local branch for more information.



*Acceptable donations are as follows: Canned Vegetables, Canned Meats, Canned Fruit, Condiments, Dressing, Dried Pasta, Rice and Canned Soups (Please do not include previously opened items or glass bottles/jars in your food drive donation).



myStaff

Name: Beverly N.

Branch: Las Vegas

What's Beverly's job? Senior Staffing Coordinator

*About Beverly:
Beverly likes to gamble on the weekends, fight with her cat Midnight on the weekdays and argue with her roommate in between. She also likes to go to dinner with her friends on the weekend.*

*November 2009 marks 12 years that Beverly has been with Westways.
Happy 12th Anniversary!*



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John Fitzgerald Kennedy

2009 Branch Holiday Party Schedule

Mark your calendar. Our annual holiday parties
are right around the corner.

Join us for food, fun, and gifts!

San Bernardino

225 East Airport Dr., Ste. 120
San Bernardino, CA 92408
Friday, December 18th,
11:30am - 2:30pm

Orange

Dave & Buster's
20 City Boulevard West, Building G
Orange, CA 92868
Thursday, December 17th,
4pm - 9pm

Austin, TX

North by Northwest
10010 N Capital of Texas Hwy
Austin, TX 78759
Thursday, December 3rd,
5pm - 7pm

Long Beach

4010 Orange Ave.
Long Beach, CA 90807
Friday, December 18th,
Noon - 4pm

Las Vegas, NV

501 S. Rancho Dr., Ste. F-40
Las Vegas, NV 89106
Thursday, December 10th
Noon - 2:00pm

San Antonio

9901 Interstate Hwy 10 West, Ste. 800
San Antonio, TX 78230
Thursday, December 10th,
11am - 2pm

Los Angeles

3255 Wilshire Blvd., Ste. 1602
Los Angeles, CA 90010
Friday, December 18th,
11am - 4pm

Bakersfield

841 Mohawk St., Ste. 150
Bakersfield, CA 93309
Wednesday & Thursday
December 16th & 17th,
noon - 4pm

San Diego

Dave & Buster's
2931 Camino del Rio North
San Diego, CA 92108
Saturday, December 5th,
7pm

Phoenix, AZ

Dave & Buster's
2000 E. Rio Salado Pkwy Suite 1100
Tempe, AZ 85281
Friday, December 4th
7pm - 9pm

Albuquerque, NM

2125 Louisiana Blvd, NE., Ste 165
Albuquerque, NM 87110
Friday, December 18th,
1pm - 4:30pm



Nurse of the Month



Orange - Jay L.

Los Angeles - Beleda S.

Long Beach - Dorothy H.

San Diego - Mohammed A.

San Bernardino - Imelda C.

Bakersfield - Ljiljana R

Las Vegas, NV - Dwight E

Albuquerque, NM - Tony H.

Phoenix, AZ - Lynda S.

Austin, TX - Jason K.

Nothing is more honorable than a grateful heart. ~Seneca



NOVEMBER BIRTHDAY LIST



ALIB.	JAMES V.	PAULA M.
ANNAJ.	JEAN C.	RACQUEL S.
ANNABELLE D.	JOANNA A.	RODNEY A.
ARMANDO M.	JOSE R.	ROSALYN V.
BERNADETTE D.	JOSEPHINE C.	ROSANNA M.
CANDICE W.	JULIUS M.	RUTH G.
CARLOS S.	LEAH M.	SARA R.
CHARMAINE Z.	LISA G.	SARAH N.
CHRISTOPHER R.	LYNETTE M.	SENIOR A.
CLATUS O.	MABEL S.	SHERWIN P.
DAN W.	MARY ANN S.	STACY A.
DANIEL H.	MARYJANE G.	SUSAN D.
DIANE B.	MELISSA L.	TARISA G.
DONNA C.	MELU M.	THOMAS A.
ERIC G.	MICHAEL B.	TOM G.
FRANCIS N.	MONICAH M.	VICTOR L.
GIOMAR C.	NANCY G.	WENDY G.
GWENIS A.	NORA C.	YVETTE A.
IRENE M.	PAUL P.	ZHAVONTIA C.

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To Our Valued Westways Employee

Work with the best!

VISIT US ON THE WEB!
WWW.WESTWAYSSTAFFING.COM



Westways Staff News

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This newsletter is published on a monthly basis and distributed free to all Westways Staff.

We welcome your feedback on our newsletter. For questions, comments, suggestions and contributions, please contact Dannielle at (714) 712-4150 or via e-mail at dannielle@westwaysstaffing.com.